Lifestyle Diseases and Deficiency Diseases

Lifestyle Diseases:

Lifestyle diseases are caused by unhealthy habits and lifestyle choices, such as poor diet, lack of exercise, and stress. They are non-communicable diseases (NCDs), meaning they do not spread from person to person.

Common Lifestyle Diseases: Causes and Prevention:

Disease	Causes	Prevention
Obesity	Inactivity, unhealthy eating	Regular exercise, healthy diet, monitor weight
Stroke	Overweight, inactive lifestyle	Exercise, balanced diet, avoid junk food
Diabetes	Lack of insulin production, high blood sugar	Healthy diet, regular exercise, avoid sugar
High Blood Pressure	High salt and fat intake, lack of physical activity	Balanced diet, reduce salt intake, exercise

Deficiency Diseases:

Deficiency diseases occur due to the lack of essential nutrients in the diet, such as carbohydrates, proteins, vitamins, or minerals.

Deficiency of Major Nutrients:

i. Carbohydrate Deficiency

Function: Main source of energy.

Deficiency effects:

- Lack of energy and stamina.
- Fatigue and weakness.

Needs:

• People with more physical activity (e.g., laborers) require more carbohydrates than office workers.

ii. Protein Deficiency:

Function: Essential for muscle building, growth, and tissue repair.

Deficiency effects:

- Muscle wasting (reduced strength and function).
- Poor wound healing.
- Increased infections.

Diseases caused:

- Kwashiorkor: Severe protein deficiency.
- Marasmus: Deficiency of both protein and carbohydrates, also called Protein-Energy Malnutrition (PEM).

Tips to Prevent Deficiency and Lifestyle Diseases:

Eat a balanced diet rich in all nutrients.

Engage in regular physical activity (at least 30 mins/day).

Stay hydrated by drinking 8-10 glasses of water daily.

Avoid processed and sugary foods.

Get regular health check-ups.

Follow healthy lifestyle habits (adequate sleep, stress management).